



COVID-19 (Coronavirus)

YMCA Blue Ridge Assembly is committed to maintaining a clean and healthy environment for everyone. We are closely monitoring information about COVID-19 (Coronavirus) and Y leaders across our state are actively discussing the latest updates from the Centers for Disease Control (CDC) and Prevention, the World Health Organization (WHO) and the State of North Carolina. Last week, the Center for Disease Control reported the first confirmed case of coronavirus in North Carolina, specifically Raleigh. We are closely monitoring subsequent communications from the CDC as well as from the Buncombe County Health Department.

As of now, there are no cases of COVID-19 in our area, no quarantines, and no travel warnings. We will certainly communicate any changes to that status, and will work with our groups if they are scheduled to be here during an unsafe time.

Be assured that Blue Ridge Assembly is currently taking all the prescribed precautions. Our housekeeping staff is performing routine environmental cleaning by disinfecting frequently touched surfaces such as doorknobs, light switches, counters, and tables. Hand sanitizer dispensers have been placed at the dining room entrances, where they are easily accessible for all staff and guests.

Health officials advise the best way to prevent Coronavirus is to practice the same good hygiene steps used to prevent cold and flu:

- Wash your hands frequently with soap and water for at least 20 seconds
- Avoid touching your face as much as possible
- If you are sick, stay home
- Cover your mouth and nose when you cough or sneeze
- Avoid close contact with people who are ill
- Use hand sanitizer after touching public surfaces (e.g. grocery carts, doors, credit card machines, money)
- Maintain a healthy lifestyle through proper hydration, diet, rest, and exercise

Resources:

[Coronavirus Disease 2019](#)

[When and How to Wash Your Hands](#)

[Everyday Preventive Actions](#)

We understand that all of us play a role in mitigating the spread of disease. To that end, we are doing our part to practice the recommended actions above.

Additional Resources:

From the CDC

- [Coronavirus Overview](#)
- [Business Response Guidance](#)
- [Flu](#)

From the World Health Organization (WHO)

- [Coronavirus Overview](#)
- [Coronavirus Q&A](#)

From the NC Department of Health and Human Services

- [Coronavirus Disease: NC Response](#)